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**PHYSICAL THERAPY PRESCRIPTION:**

**Pectoralis Major Repair**

**RECOVERY / RECUPERATION PHASE: WEEKS 1 - 2**

 \* Immobilization x 2 weeks except for pendulums

 \* Elbow A/AAROM: flexion and extension.

 \* Modalities (i.e. CryoCuff) PRN.

 \* Wrist and gripping exercises.

\* Deltoid isometrics. Scapular isometrics.

 \* Grip strengthening

 \* Discontinue sling at 4-6 weeks (4 wks full time, 2 weeks part time)

**WEEKS 3 - 6**

\* At 3 weeks PROM: pulley for flexion in plane of scapula, horizontal abduction, ER/IR

 pendulum exercises. AVOID abduction >90 and ER x 4 weeks

 \* Deltoid isometrics.

 \* Lightly resisted elbow flexion.

 \* Continue with wrist exercises

 \* Modalities PRN.

**WEEKS 6 - 12**

 \* 6-10 weeks, gradual A/AA/PROM to improve motion in all planes.

 \* Deltoid, Scapular isometrics progressing to isotonics.

 \* PRE’s for scapular muscles, cuff, latissimus, biceps, triceps.

 \* Joint mobilization (posterior glides).

 \* Emphasize latissimus, & scapular muscle strengthen, stress eccentrics.

 \* Keep all strength exercises below the horizontal plane in this phase.

# **WEEKS 12 - 16**

 \* Pt should have full ROM.

 \*Strengthening of pectoralis can begin.

 \* Restore scapulohumeral rhythm.

 \* Joint mobilization.

 \* Aggressive scapular stabilization and eccentric strengthening program.

 \* PRE’s for all upper quarter musculature (begin to integrate upper extremity

 patterns). Continue to emphasize eccentrics and glenohumeral stabilization. All PRE’s are below the horizontal plane for non-throwers.

 \* Begin isokinetics.

## ***AT WEEK 16+***

 \* Begin muscle endurance activities (UBE). Focus on endurance of cuff and scapular

 stabilizers.

 \* No weight lifting/bench press until 6 months.

 \* Advanced functional exercises / sports specific exercises.

\* Develop Home Program